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31. (New) A method, comprising:
- (a) providing a no-spill drinking apparatus, said apparatus being provided for use by a child, to prevent accidental spilling of liquid by the child;
  - (b) said no-spill drinking apparatus comprising a cap, said cap comprising a spout, said cap being provided for the child to drink liquid from said spout, and to prevent spilling of liquid out of said spout when the child is not drinking from said spout;
  - (c) said cap comprising a valve, said valve comprising a flexible material, said flexible material comprising an opening therein;
  - (d) said apparatus comprising a blocking element below said flexible material;
  - (e) wherein said opening of said flexible material rests against said blocking element when the child is not drinking from said spout;
  - (f) and wherein said flexible material rises off of said blocking element, unblocking said opening, when the child sucks through said spout to drink from said spout;
  - (g) and wherein said cap further comprises an air vent, such that when the child sucks through said spout, liquid passes through said opening and out of said spout, and air passes through said air vent and into said apparatus.
32. (New) A method as claimed in claim 31, wherein said opening is a hole.
33. (New) A method as claimed in claim 31, wherein said opening is a slit.
34. (New) A method as claimed in claim 31, wherein said apparatus further comprising a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap.
35. (New) A method as claimed in claim 31, wherein said flexible material of said valve is provided

with a greater thickness of material on the area which seals against said blocking element.

36. (New) A method as claimed in claim 31, wherein said spout of said cap is soft, and wherein said cap further comprises a hard section for attachment to a cup;
37. (New) A method as claimed in claim 31, wherein said apparatus further comprises:
- (a) a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap;
  - (b) wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element;
  - (c) and wherein said spout of said cap is soft, and said cap further comprises a hard section for attachment to a cup.
38. (New) A method as claimed in claim 31, wherein said apparatus comprises a cup.
39. (New) A method as claimed in claim 31, wherein said apparatus comprises a cup, and said cup is hard.
40. (New) An apparatus, comprising:
- (a) a no-spill drinking apparatus, said no-spill drinking apparatus comprising a cap, said cap comprising a spout, said apparatus being provided for a user to drink liquid from said spout, and being provided to prevent spilling of liquid out of said spout when the user is not drinking from said spout;
  - (b) said cap comprising a valve, said valve comprising a flexible material, said flexible material comprising an opening therein;
  - (c) said apparatus comprising a blocking element below said flexible material;
  - (d) wherein said opening of said flexible material rests against said blocking element when the user is not drinking from said spout;

- (e) and wherein said flexible material rises off of said blocking element, unblocking said opening, when the user sucks through said spout to drink from said spout;
- (f) and wherein said cap further comprises an air vent, such that when the user sucks through said spout, liquid passes through said opening and out of said spout, and air passes through said air vent and into said apparatus.

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- 41. (New) An apparatus as claimed in claim 40, wherein said opening is a hole.
  - 42. (New) An apparatus as claimed in claim 40, wherein said opening is a slit.
  - 43. (New) An apparatus as claimed in claim 40, wherein said apparatus further comprising a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap.
  - 44. (New) An apparatus as claimed in claim 40, wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element.
  - 45. (New) An apparatus as claimed in claim 40, wherein said spout of said cap is soft, and wherein said cap further comprises a hard section for attachment to a cup.
  - 46. (New) An apparatus as claimed in claim 40, wherein said apparatus further comprises:
    - (a) a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap;
    - (b) wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element;
    - (c) and wherein said spout of said cap is soft, and said cap further comprises a hard section for attachment to a cup.
  - 47. (New) An apparatus as claimed in claim 40, wherein said apparatus further comprises a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap; and wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element.

48. (New) An apparatus as claimed in claim 40, wherein said apparatus comprises a cup.
49. (New) An apparatus as claimed in claim 40, wherein said apparatus comprises a cup, and said cup is hard.
50. (New) A method, comprising:
- (a) providing a no-spill drinking apparatus, said apparatus being provided for use by a child, to prevent accidental spilling of liquid by the child;
  - (b) said no-spill drinking apparatus comprising a cap, said cap comprising a spout, said cap being provided for the child to drink liquid from said spout, and to prevent spilling of liquid out of said spout when the child is not drinking from said spout;
  - (c) said cap comprising a valve, said valve comprising a flexible material, said flexible material comprising an opening therein;
  - (d) said apparatus comprising a blocking element below said flexible material;
  - (e) wherein said opening of said flexible material rests against said blocking element when the child is not drinking from said spout;
  - (f) and wherein said flexible material rises off of said blocking element, unblocking said opening, when the child sucks through said spout to drink from said spout;
  - (g) wherein said flexible material begins to invert when said flexible material rises upon said application of negative pressure to said flexible material;
  - (h) and wherein said cap further comprises an air vent, such that when the child sucks through said spout, liquid passes through said opening and out of said spout, and air passes through said air vent and into said apparatus.

51. (New) A method as claimed in claim 50, wherein said opening is a hole.
52. (New) A method as claimed in claim 50, wherein said opening is a slit.
53. (New) A method as claimed in claim 50, wherein said apparatus further comprising a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap.
54. (New) A method as claimed in claim 50, wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element.
55. (New) A method as claimed in claim 50, wherein said spout of said cap is soft, and wherein said cap further comprises a hard section for attachment to a cup.
56. (New) A method as claimed in claim 50, wherein said apparatus further comprises:
- (a) a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap;
  - (b) wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element;
  - (c) and wherein said spout of said cap is soft, and said cap further comprises a hard section for attachment to a cup.
57. (New) A method as claimed in claim 50, wherein said apparatus comprises a cup.
58. (New) A method as claimed in claim 50, wherein said apparatus comprises a cup, and said cup is hard.
59. (New) A method as claimed in Claim 50, wherein said flexible material comprises the shape of a bowl, said bowl having a top and a bottom, said opening being located in said bottom, said bowl being initially upright when said opening rests against said blocking element, and wherein said flexible material beginning to invert comprises said bottom of said bowl and said opening in said bottom beginning to rise toward the top of said bowl to allow liquid to exit through said opening.

60. (New) An apparatus, comprising:
- (a) a no-spill drinking apparatus, said no-spill drinking apparatus comprising a cap, said cap comprising a spout, said apparatus being provided for a user to drink liquid from said spout, and being provided to prevent spilling of liquid out of said spout when the user is not drinking from said spout;
  - (b) said cap comprising a valve, said valve comprising a flexible material, said flexible material comprising an opening therein;
  - (c) said apparatus comprising a blocking element below said flexible material;
  - (d) wherein said opening of said flexible material rests against said blocking element when the user is not drinking from said spout;
  - (e) and wherein said flexible material rises off of said blocking element, unblocking said opening, when the user sucks through said spout to drink from said spout;
  - (f) wherein said flexible material begins to invert when said flexible material rises upon said application of negative pressure to said flexible material;
  - (g) and wherein said cap further comprises an air vent, such that when the user sucks through said spout, liquid passes through said opening and out of said spout, and air passes through said air vent and into said apparatus.
61. (New) An apparatus as claimed in claim 60, wherein said opening is a hole.
62. (New) An apparatus as claimed in claim 60, wherein said opening is a slit.
63. (New) An apparatus as claimed in claim 60, wherein said apparatus further comprising a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap.

64. (New) An apparatus as claimed in claim 60, wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element.
65. (New) An apparatus as claimed in claim 60, wherein said spout of said cap is soft, and wherein said cap further comprises a hard section for attachment to a cup.
66. (New) An apparatus as claimed in claim 60, wherein said apparatus further comprises:
- (a) a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap;
  - (b) wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element;
  - (c) and wherein said spout of said cap is soft, and said cap further comprises a hard section for attachment to a cup.
67. (New) An apparatus as claimed in claim 60, wherein said apparatus further comprises a valve holder, said valve holder being separable from said cap, and being dimensioned to fit snugly into said cap; and wherein said flexible material of said valve is provided with a greater thickness of material on the area which seals against said blocking element.
68. (New) An apparatus as claimed in claim 60, wherein said apparatus comprises a cup.
69. (New) An apparatus as claimed in claim 60, wherein said apparatus comprises a cup, and said cup is hard.
70. (New) An apparatus as claimed in Claim 60, wherein said flexible material comprises the shape of a bowl, said bowl having a top and a bottom, said opening being located in said bottom, said bowl being initially upright when said opening rests against said blocking element, and wherein said flexible material beginning to invert comprises said bottom of said bowl and said opening in said bottom beginning to rise toward the top of said bowl to allow liquid to exit through said opening.